

SIXTEENTH ANNUAL PROFESSIONAL SEMINAR

From July 25 through August 1, 1998, members of The Monroe Institute's Professional Division and special guests gathered for the Sixteenth Annual Professional Seminar, *Discovering the Inner Healer with Hemi-Sync®*. Under that banner, presenters and participants embarked on a quest to examine existing applications of Hemi-Sync and to expand its potential as a global force for healing.

The opening address was delivered by Ann Gill Taylor, RN, EdD, director of the Center for the Study of Complementary and Alternative Therapies (CSCAT) at the University of Virginia. Dr. Taylor shared conclusive positive data on the "Effects of Therapeutic Touch in Reducing Pain and Anxiety in an Elderly Population" and mentioned Hemi-Sync-specific research in progress at CSCAT.

This set the stage for a host of presentations showcasing Hemi-Sync as a holistic health intervention.

- Robert T. Hayduk, MA, illuminated parallels between the Resonant Tuning in Hemi-Sync exercises and other ancient and modern methods of vocalizing to promote health. In the spirit of "Practice makes perfect," Bob generously led the group in toning exercises before each presentation.
- Carol Sabick-Quinn, LLB, MBA, told the story of Hemi-Sync's continuing contribution to the healing haven she has created in downtown Madrid, Spain.
- Gari Carter and Reverend Natalia Beck described and demonstrated the healing outreach work of The Pilgrimage, work now intertwined with Hemi-Sync. After explaining polarity therapy, Gari led a lively interlude of polarity yoga.
- James Akenhead, EdD, and Charlene Akenhead, EdD, dramatized the hidden patterns that, all too frequently, drive our lives and pinpointed Hemi-Sync's effectiveness as a tool for breaking through and breaking free of them.
- James Beal, ME, zeroed in on Hemi-Sync for stress relief and its importance for those (especially women) confronting the growing host of autoimmune syndromes.
- Joan D. Lundgren, PhD, shared her Hemi-Sync-centered techniques for piercing the veil between realities and accessing healing within the dream temple.
- Debra D. Davis, MEd, has become our unofficial "cantadora." Her stories of introducing Hemi-Sync in nursing homes are quiet miracles of dedication and persistence.
- Roberta Shoemaker-Beal, MFA, used graphics and lyrical prose to imbue her audience with a sense of sacred, healthy space and its unmistakable similarity to any space permeated by Hemi-Sync.

- In a fitting finale, TMI Research Director F. Holmes “Skip” Atwater, BS, revealed the neurochemical mechanisms through which Hemi-Sync alters cortical arousal levels and stimulates corresponding changes in consciousness.

A “Birds of a Fin” gathering generated a lively exchange on the inner workings of the Dolphin Energy Club. Experiential sessions included traditional Sufi “Dances of Universal Peace,” instruction in Reiki I healing, the ever-popular Hemi-Sync Tape Day Intensive, and construction of a permanent seven-cycle labyrinth. Many of those attending this year’s seminar broke ground for Roberts Mountain Retreat in 1997. Therefore, the highlight of the week was the retreat’s dedication and a beautiful reception at the former home of Robert and Nancy Penn Monroe, which sits at its heart.

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